Growth Through Adversity

Without some form of adversity in life, an individual would soon lose a sense of purpose. Given that anything of significance is earned through one's consistent effort. The moment a struggle is removed from one's path. The various goals one is working toward, begin to feel hollow. Since the struggle one endures is part of what makes the achievement worthwhile. Unless one experiences a setback or two, in pursuit of personal goals. The sense of achievement is silently snatched from one's grasp. Given that the two are much like links in the same chain. One does not attain the same sense of gratification from undertaking the endeavour. Without experiencing the lows, as well as the highs. As the sense of achievement is derived from tackling a task. One knows from the beginning will be challenging. Once the goal has been achieved. An individual can recognize the importance of the obstacles one had to overcome.

While the undertaking nudged an individual outside of their comfort zone. It helped one gain the necessary skills to pursue a personal goal. The determination to see a project through to the end. A defining quality of a focused mind. Regardless of the outcome, an individual has grown from the experience. Each moment spent in the pursuit of personal aspirations, inspires one to forge ahead. The progress of one's efforts, reflected in the quality of one's work. A sense of achievement serving as an indicator of the progress made. Refinement of one's efforts, contributing to a new way of engaging in the creative process. So long as an individual maintains consistency. It is only a matter of time before progress begins to manifest. Given the countless hours invested in pursuit of personal aspirations. The manifestation of one's efforts, provides the mind with a sense of achievement.

Given that one has persevered with an ambitious goal. Regardless of the odds one has overcome to ensure the embers of a vision see the light of day. Inner fortitude, coupled with a temperament flexible enough to adapt to the conditions of a hostile world. The more one works to cultivate stoic characteristics. An individual gradually refines the mindset necessary to succeed. The countless hours of trial and error, eventually reveal a passage forward. Perseverance in the face of adversity. Creating the necessary mindset for positive change to occur. So long as one seeks to uphold the standard of previous efforts. The inroads one has made will help pave the pathways of future endeavours. Each setback provides one with an opportunity to examine where a particular concept fell by the wayside. The more receptive one is to critical analysis. Increases the chances of genuine growth, via introspective thought and focused action.